



# San Antonio RoadRunners

## NEWSLETTER

### April-May 2016 Edition

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#### A Note from the President

By: Joe DiNuovo

I hope everyone enjoyed Fiesta this year and had a great time running our Fiesta Races. Before we know it, Carraba's Relay & Half Marathon will be right around the corner and we will begin to start running in the heat again. The Saturday after the Carraba's race, we have scheduled our annual membership meeting, picnic, and 5K fun run. More details on the time and location will be announced in future emails and newsletters.

This year, three board positions are coming up for the elections at the members meeting. The positions are; Executive Vice President, Treasurer, and Secretary. If



anyone is interested in running for any of these positions, please send an email to both [president@saroadrunners.com](mailto:president@saroadrunners.com) and to [execvp@saroadrunners.com](mailto:execvp@saroadrunners.com) by the 1st of May, 2016 and you will be added to the ballot for the voting by the membership.

I am excited for this year's meeting and I am looking forward to providing the membership with an update to the status of our running club and the accomplishments the club has achieved over the past year. One of



the new programs we are looking at starting this summer will be a kids running program that is formatted after the RRCA's "Kids Run the Nation Program". At this point, we are still working out the details for the program and we anticipate the pilot program to start in early June this summer. Stand by for further details that will be provided in the next couple of weeks. We also are getting ready to start two more training groups, a walk to 5K and pick up the pace sessions that start this April.

As always, run safe, have fun and I will see you out on the road and trails.



Official Sporting Goods Retailer of SARR



# Runner Spotlight



One of our very own SARR members, **Jennifer Cardenas** was recently interviewed by Rock'n'Roll Marathon Series. They approached her due to her completion of her third half marathon in NOLA, which qualified her to hold the title of "Half Fanatics" member. Jennifer has been involved with SARR and the SARR training team since 2014. She is also the lucky winner of our SARR Training slogan/t-shirt contest with her contribution of "What the Half was I thinking?". She may be a running fanatic but we couldn't be happier for her.

**When we interviewed her, this is what she had to say:**

## **How long have you been a runner?**

A little over 2 years. I started back in January 2014 with the Walk to 5k program.

## **What / who inspired you or encouraged you to be a runner?**

I kept seeing my friends post on Facebook about doing 5ks, 10ks, and half marathons, and thought to myself I want to do that one day. At that time I had become a couch potato and realized I needed to do something. I learned I am very bad at doing things on my own, and needed to join a group. And needed to step out of my comfort zone and attempt something I did not like doing-RUNNING- I couldn't run half a block even if I tried without being totally out of breath. A friend of mine Veronica Alonzo kept posting about SARR so I checked in to SARR and decided why not give it a try. I had nothing to lose except sleep at that time.

## **What has been the biggest challenge?**

Getting past my brick wall at Mile 10 in a half marathon!!! This is when my knee usually says ok you need to stop, but I keep pushing through and deal with the pain later.

## **What are your running or athletic goals?**

When I first started the training program, my goal was to jog a mile non stop, but in the back of my mind I had always wanted to do a Half Marathon. So the half became a goal for the far-off future, but that lasted like a year and I did the half training my first year without the intention of doing a half marathon. I had to prove to myself I could handle it both physically and mentally. So I made the decision I would do a half in 2015 before I turned 40. Mission Accomplished on December 13th, 2015. Now I just want to keep walking/jogging these days and enjoy my time out on the trails, and with my running family.

## **Do you have any advice for novice runners?**

Go to a running store and get fitted for shoes. Don't worry about how slow you are, you will eventually build up that speed, and keep at it. A mile is a mile no matter if it is 8 minutes or 16 minutes. Go out and enjoy your race at your pace. Who cares if you are the last person to come in at the finish, just as long as you finish what you start and CROSS THAT FINISH LINE!

## **Any other comments?**

Joining SARR was one of the best decisions I did make. I've made some great friends and memories. And of course awesome runcations!!!

To read what Rock'n'Roll Marathon Series has to say, [please click here](#).





PRESENTED BY  
San Antonio Road Runners

# 4 MILE RUN



## CELEBRATE OUR FREEDOM

### Packet Pick Up

Saturday (7/2) @ IRUN Bitters  
(12 AM-5 PM)

Sunday (7/3) @ Academy  
4071 N Loop 1604 W, SA TX 78257  
(12 AM-5 PM)

RACE DAY @ 7:30AM

### RACE INFO

Run Walk-Start 8:30

Kids Fun Run- 9:30

New Four Mile Fast Course (County Park 1)

New Fun Walk category

Team Challenge (Awards for Biggest team and Fastest Team)

Military only Category

Food For all

Kids fun Run

Health & Fitness Expo

Sign up on Active.com

Follow us on Facebook

Run Award Medals for 5 Year Age groups

**Paper Registrations Due by 7/1/2016**



MAKE CHECKS PAYABLE TO:  
San Antonio Road Runners  
MAIL TO: 2015 FREEDOM RUN  
125 Tropicana Place San Antonio TX 78242

**Monday July 4th, 2016**

Check Box

☐ IF MILITARY  
☐ SARR MEMBER

DE NUMBER

LAST NAME

FIRST NAME

M.I.

SEX

☐ M

☐ F

STREET ADDRESS

CITY/TOWN

AGE

STATE

ZIP CODE

PHONE NUMBER

DATE OF BIRTH

E-MAIL ADDRESS (REQUIRED)

**AMERICAN FASHION  
RUNNING SHIRT \$10**

MALE ☐ S ☐ M ☐ L ☐ XL ☐ XXL  
FEMALE ☐ S ☐ M ☐ L ☐ XL ☐ XXL

YOUTH SHIRT SIZE:  
☐ 6-8 ☐ 10-12 ☐ 14-

EVENT (check one) ☐ Kids Fun Run(\$10)

☐ 4 Mile Run (Timed) \$20

☐ 4 MILE WALK \$15

TEAM NAME (IF APPLICABLE)

**SARR MEMBERS \$5 off REGISTRATION**

I know that running a road race is potentially hazardous activity that could cause injury or death. By my signature, I certify that I am in good health, properly trained, and medically able to perform this event. I agree to abide by any decision of a race official to deny or suspend my participation in this event for whatever reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, traffic and road conditions, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and personal music players are not allowed in the race. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the San Antonio Road Runners, the City of San Antonio, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other

ATHLETE (OR PARENT, IF UNDER 18) MUST SIGN:

DATE:

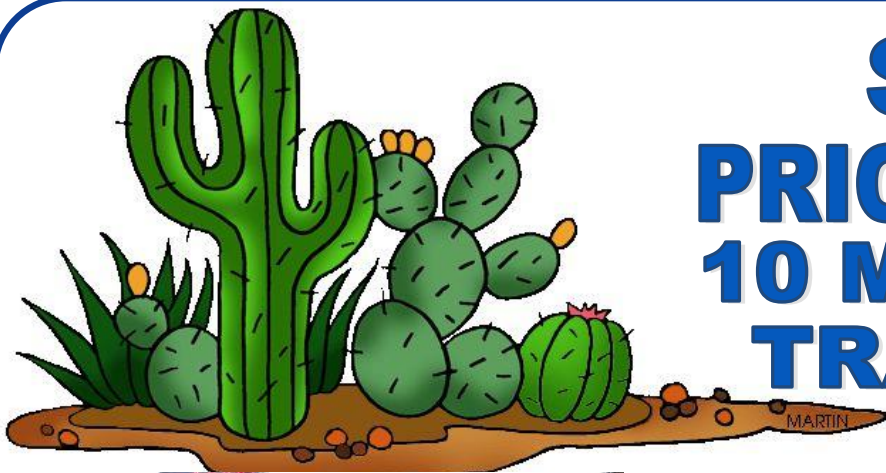
**REGISTRATION  
FEE**

EVENT \$

SHIRT \$

TOTAL





# SARR PRICKLY PEAR 10 MILE & 50K TRAIL RACE









Presented By The  
San Antonio Road Runners

**SATURDAY**

July 16th

*The San Antonio Road Runners Invites women of all ages to join us in the annual all women 5k Race of 2016. Come Participate in our yearly tradition to showcase your athleticism and enjoy a female empowering event. We strive to provide women of all ages an unforgettable experience. No matter who they are they can be strong, beautiful and that is something to celebrate.*

*Mothers, Sisters, Grandmothers, Daughters  
Come Run With us.*

**37th annual**

**SARR WOMEN'S 5K**

2016



2016 MEDALS

**RACE LOCATION**

**HEB ALAMO HEIGHTS**  
999 E BASSE RD, SAN ANTONIO, TX 78209

**H-E-B**



**GET MORE INFO & REGISTER TODAY**

**WWW.ACTIVE.COM OR SAROADRUNNERS.COM**



*The San Antonio RoadRunners invite women of all ages to join us in the 37th Annual Women's 5K Run/Walk. This all female event is designed to motivate, inspire, connect and celebrate women. All women can be strong, confident, and beautiful! Mothers, sisters, grandmothers and daughters, come showcase your athleticism, and join us for this empowering event!*

**July 16th, 2016**

**RACE VENUE- HEB #43**

**Lincoln Heights, 999 E. Basse Rd., San Antonio, TX 78209**

**6:30-7:15 A.M. Packet pickup/timing chip pickup/registration**

**7:00 A.M. Warm up stretch led in the HEB parking lot by Get FIT SA**

**7:15 A.M. Pre-race announcements, National Anthem in the HEB parking lot**

**7:30 A.M. Race start 5k chip-timed course on the roads of Alamo Heights**

**Awards (no duplicate awards) (Finisher Medals)**

**Overall, Masters(40+), Supermasters(50+), and Grandmasters (60+), based on gun time**

**RUN: Top 3 finishers in each 5-year age group: 9 & under to 80+, based on chip time**

**WALK: Top 2 finishers in each 5-year age group: 9 & under to 80+, based on chip time**

**Note: A participant in the Walk division must ONLY walk and will be transferred to the Run division if she runs on the course. Any participant coached by a non-registered individual on the race course will not be eligible for awards.**

**MALE VOLUNTEERS ARE NEEDED! Email [volunteer@saroadrunners.com](mailto:volunteer@saroadrunners.com)**

**Proceeds from SARR events support safe and enjoyable events, fun runs, and scholarships. SARR is a 501(c)3 organization**



**REGISTER NOW AT**

**Online: [www.saroadrunners.com](http://www.saroadrunners.com) [www.active.com](http://www.active.com)**

**In Store\*: Fleet Feet, Run Wild Sports, iRun, Soler's Sports, and We Run San Antonio (through Wednesday, July 11)**

**Mail in\*: SARR, 125 Tropicana Place San Antonio Tx 78242 (must be postmarked by July 11)**

**Packet pickup/registration: (July 15, 2016) - Noon - 6:00 P.M. at HEB #43, Lincoln Heights, 999 E. Basse Rd.**

**\*cash or check (payable to S.A.R.R.) Email: [SARRwomenrun@gmail.com](mailto:SARRwomenrun@gmail.com)**

Check race entry type: ☐ 5K Run/Walk ☐ Walk

Please print legibly and fill in ALL information.

First Name \_\_\_\_\_ M.I. \_\_\_\_\_ Last Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ Age (on May 1) \_\_\_\_\_

Circle T-Shirt size: Women Sizes: S M L XL 2XL 3XL  
Singlet size: Women Sizes: S M L XL 2XL (up to June 29th 2016)

Circle the fee that applies to you. All 5K participants, including children, pay the full fee of \$25 or \$30.

REGISTRATION FEE		Pre-Reg 7/11	7-11 to 7/15 Race Week	RACE DAY
SARR Member Run/Walk	\$25	\$35	\$40	
5K Run/Walk	\$30	\$35	\$40	
70 PLUS				FREE

I know that running a road race is a potentially hazardous activity that could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official. I assume all risks associated with running in this event, including high heat, humidity, traffic, and the conditions of the road. In consideration the acceptance of my entry, I and anyone entitled to act on my behalf waive and release the San Antonio Road Runners, the City of San Antonio, the City of Alamo Heights, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event

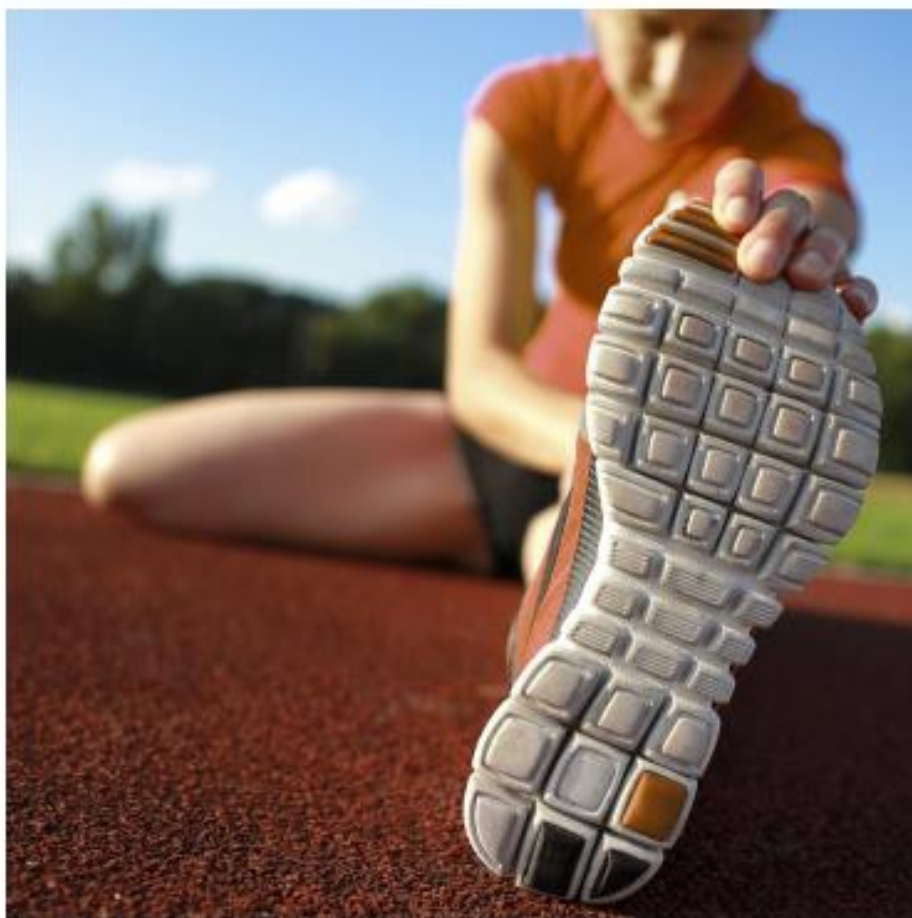
X

Athlete's Signature

X

Legal Guardian's Signature (if athlete is under age 18)





# SARR TRAINING FOR HALF & FULL MARATHON

We have a place for every pace.

*You Can Do 26.2* - Designed for runners who are ready to take on the marathon and have already completed a half-marathon.

*Let's Run 13.1* - Designed for runners wanting to complete their first or fastest half marathon.

*Walk/Run 13.1* - Designed for new runners or anyone who wants to walk a portion of the race.



**STARTS AUGUST  
20TH**

**WEEKLY TEAM RUNS**

**FLEXIBLE SCHEDULE**

**EXPERIENCED  
COACHES &  
MENTORS**

**NON-PROFIT  
ORGANIZATION**

**COST IS \$55**

(\$40 for SARR members)

More info and registration at  
[sarrtraining.com](http://sarrtraining.com)

Send questions to  
[training@saroadrunners.com](mailto:training@saroadrunners.com)



**SARR LEADERSHIP TEAM****President:**

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**Contact us by mail:**

San Antonio Road Runners  
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San Antonio, Texas 78212

**Race Results & Photos:**

Race results and photos from all SARR races are available online at:  
[www.saroadrunners.com](http://www.saroadrunners.com)



Like us on  
**facebook®**



We are saddened to report that after a long hard battle against cancer, Barbara Wilder has passed away. She will be dearly missed by all of her running friends and family.

**NOAA's National Weather Service****Heat Index**

Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution

Extreme Caution

Danger

Extreme Danger

**Advertising:**

- ☆ Page ads are available for a prepaid \$75.00 per page.
- ☆ Please contact the Newsletter Editor for space/calendar availability.
- ☆ Advertising flyer deadline is 10th of each month.
- ☆ Make checks payable to: San Antonio RoadRunners and send to SARR's PO Box, Attention Newsletter Editor.
- ☆ **NOTICE: SARR RESERVES THE RIGHT TO DECLINE PUBLICATION OF ANY MATERIAL, INCLUDING ADVERTISING.**



## Running Events in San Antonio

April 23	SARR Fiesta Fandango Run
April 23	SARR Pick Up the Pace Training Program Starts
April 30	SARR Walk to Run Training Program Starts
May 7	SARR Monthly Fun Runs (Free and Open to the Public)
June 4	SARR Monthly Fun Runs (Free and Open to the Public)
June 18	SARR Carraba's Relay & Half Marathon
July 2	SARR Monthly Fun Runs (Free and Open to the Public)
July 4	SARR Freedom 4 Miler
July 16	SARR Women's 5k & 10k
August 6	SARR Monthly Fun Runs (Free and Open to the Public)
September 2	SARR Monthly Fun Runs (Free and Open to the Public)
September 5	SARR Labor Day 5 Mile Whine Run



For more information about upcoming races, visit [saroadrunners.com](http://saroadrunners.com)



If your address changes, please be sure to send your new address to SARR.

The Post Office will NOT deliver your SARR Newsletter unless the address is correct.

San Antonio Road Runners

P.O. Box 12474

San Antonio, TX 78212-0474



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